



Topeka Bible Church
Obstacles to Christlikeness, #1: Anxiety
Community Group Study Questions
Philippians 4:1-7 and selected passages

1. Paul refers to the Philippians as his "joy and crown." (*Philippians 4:1; 1 Thessalonians 2:19*). What does this mean? Who is your "joy and crown?" How are you encouraging them to "stand firm in the Lord" (*Philippians 1:27; 1 Corinthians 16:13*)

2. Why did Paul want Euodia and Syntyche to resolve their conflict (*Philippians 4:2*)? What is the "book of life" and whose names are written in it? (*Philippians 4:3; Luke 10:20; Revelation 20:12, 15; 21:27*) Is your name in this book?

3. Is your life characterized by joy, no matter what the circumstances are (*Philippians 4:4; 1 Thessalonians 5:16; Psalm 97:11-12; Habakkuk 3:18-19*)? If not, what keeps you from rejoicing at all times? Who can encourage you to be more joyful?

4. Is your life characterized by "gentleness" (*Philippians 4:5*)? What does this "gentleness" look like (*Titus 3:1-2*)? What does our "gentleness" have to do with Jesus' imminent return (*James 5:7-8; Revelation 22:20; Matthew 5:16; 1 Peter 2:12*)?

5. Describe any circumstances over which you are currently experiencing anxiety. Do you believe that prayer will help you deal with your worry and stress (*Philippians 4:6; Ephesians 6:18*)? How do we give thanks when we pray (*1 Timothy 2:1; 1 Thessalonians 5:17-18*)?

6. What is God's promise to us when we handle our anxiety correctly (*Philippians 4:7*)? Have you ever experienced this peace in times of trial or difficulty? Do you believe that the sovereign and true God loves you and cares for you (*Psalm 55:22; 1 Peter 5:7*)?

7. When you become anxious, who are you trusting in for control and comfort? Why is anxiety so dangerous to our spiritual growth (*Mark 4:18-19*)? How should you respond when you are tempted to become anxious this week (*Matthew 6:25, 33-34*)?

Memory Verse:

**"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. (7) And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
(Philippians 4:6-7, NIV)**